

## Getting Up When You're Knocked Down, Part 4 - 1 Corinthians 4:4 – August 10<sup>th</sup>, 2014

- Today's teaching will be part four of a series I've titled, "Getting Up When You're Knocked Down."
- Here-to-fore the Apostle Paul has risen from the pages of this fourth chapter here in 1<sup>st</sup> Corinthians and in so doing has revealed his secret.
- Namely, how it is we can continue to get back up and press on in spite of the world, the flesh, and the Devil continually knocking us down.

### **1. Maintain a servant's humility (Verse 1)**

- Here Paul says, first and foremost, men should regard us and know us by our humility as servants, or under-rows, in the lowest position.

### **2. Remain faithful as a steward (Verse 2)**

- Paul takes it a step further saying that in addition to our being known as humble servants, we should also be proven as faithful stewards.

### **3. Don't let destructive criticism take you down (Verse 3a)**

- v3a Paul didn't let the criticism and unfair judgment of these carnal Corinthians affect him. He cared very little what they thought about him.

### **4. Don't let self-condemnation keep you down (Verse 3b)**

- v3b Paul then goes on to say that in addition to others criticizing and judging him he won't even allow himself to criticize and judge himself.

### **5. Give it to and leave it with the Lord to judge (Verse 4)**

- v4 Paul gives us the reason as to why his conscience is clear saying it's the Lord who judges him, however, that doesn't make him innocent.

- What Paul is saying here is that not only does he care little about others criticizing and judging him, he doesn't even care to judge himself.

- This because, he was keenly aware of the propensity for one to be continually down on themself by way of continually judging themselves.

- If you were to ask me what I thought was one of the biggest problems for Christians, a guilty conscience would be right at the top of the list.

- The reason being is a guilty conscience will weigh us down, take us down, and even keep us down, which disables us in our Christian lives.

- The problem is our adversary knows this, which is why he'll do anything and everything stopping at nothing so as to destroy and devour us.

**1 Peter 5:7-8 NIV** Cast all your anxiety on him because he cares for you. (8) Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

- The Apostle Peter gives us some powerful insight as to what weighs us down, who wants to take us down, and how we can get back up.

- First, he says that it's anxiety and worry that can weigh us down, and it can often times come from the devil who wants to take us down.

- However, the way to get back up is to lift it up to the Lord, by way of casting all of our anxiety and worry on Him because he cares for us.

- Perhaps you'll indulge me for just a bit as I seek first to identify the source of a conscience that's weighed down by anxiety or being guilty.

- Once we've identified what weighs us down and takes us down, we'll look at the Biblical and even practical ways in which to get back up.

- I hope by the conclusion of today's study in God's Word that we'll all be able to take some workable and doable solutions home with us.

- At the risk of an oversimplification, I've condensed it to basically three sources, which are our past sins, present worries, and future fears.

- Let me explain, past sins take us down vis-à-vis a guilty conscience, while present worries and future fears do it with a crippled conscience.

- This is why it is so important that we cast it on, give it to, and leave it with the Lord to judge. We are not innocent but neither are we guilty.

**Romans 8:1-2 NIV** Therefore, there is now no condemnation for those who are in Christ Jesus, (2) because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

- One commentator of this said; "Romans eight begins with no condemnation; it ends with no separation, and in between there is no defeat."

- Donald Barnhouse had this to say; "whenever a believer's Bible accidentally falls on the floor it should automatically open to Romans 8."

Another wrote; "Romans 8 is the true antidote for depression. When a person is going through depression, it's always in one of three areas. Either they're haunted by something in the past, anxious about something in the future, or weighed down by something in the present. Romans eight is the perfect solution for all three. Verse 1 declares there is no condemnation concerning the past. Verses 38-39 promise there can be no separation from God's love in the future and verse 8:28 states that all things are working together for good in the present.

- I believe, having experienced this personally in my walk with Christ that guilt and condemnation is one of the main causes of depression.

- When we listen to the devil constantly condemning us, it can be evidence of our guilt of not being set free from the law of sin and death.

- Instead of the conviction of the Holy Spirit, which draws me closer to the Lord, the guilty from the Devil will only distance me from the Lord.

D. Martyn Lloyd-Jones in his book, "Spiritual Depression: Its Causes and Its Cure," writes, "...It is because we listen to the Devil instead of listening to God that we go down before him and fall before his attacks. ...Speak to your-self and say; away dull sloth and melancholy. Then stir up the gift, get up and do something."

- In closing, I would like to share a true story by way of an illustration the practical application of getting back up by lifting up all of our cares.

Years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had gone for some two hours from his last landing field, he heard a noise in his plane, which he recognized as the gnawing of a rat. He realized that while his plane had been on the ground a rat had gotten in. For all he knew the rat could be gnawing through a vital cable or control of the plane. He was both concerned and anxious. At first he did not know what to do. It was two hours back to the landing field from which he had taken off and more than two hours to the next field ahead. Then he remembered that the rat is a rodent. It is not made for the heights; it is made to live on the ground and under the ground. Therefore the pilot began to climb. He went up a thousand feet, then another thousand and another until he was more than twenty thousand feet up. The gnawing ceased. The rat was dead. He could not survive in the atmosphere of those heights. More than two hours later the pilot brought the plane safely to the next landing and found the dead rat. Worrying about tomorrow is a rodent. It cannot live in the secret place of the Most High. It cannot breathe in the atmosphere made vital by prayer and familiarity with the Scripture. Our past guilt, present worry and future fears die when we ascend to the Lord and cast them on the Lord.